



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • March 2009

**Happy Birthday to all Seniors in the month of March!**



## March '09 Dates to Celebrate & Remember

- March 8th – Daylight Savings Time Begins
- March 13th – Employee's Appreciation Day
- March 17th – St. Patrick's Day
- March 24th – Diabetes Alert Day
- March 20th – Spring Begins
- March 30th – Doctor Day
- March 30th – Take a Walk in the Park Day

## February Trivia

- What explorer introduced pigs to North America?
- How many U.S. states border the Gulf of Mexico?

See the calendar for the answers.

## MARCH IS National Nutrition Month

**Let the USDA's Food Pyramid be your guide for healthy food choices each day.**

Recommendations include taking half your grains and whole grains; having a variety of fruits and vegetables; eating low-fat or fat-free milk products; choosing more lean meats, fish, legumes, nuts and seeds for protein; and getting most of your fats from vegetable oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit. You can visit [www.mypyramid.gov](http://www.mypyramid.gov) for the latest advice on smart eating and exercise. This web site offers you an individualized daily eating plan with lots of nutrition tips and recipes.

## This was the Year – 1950 Did You Know?

- Cost of Living was: New House – \$14,500  
Average Income – \$3,216  
Gasoline – \$0.20 per gallon
- Cost of Food was: Milk – \$0.82 per gallon  
Fresh Bread – \$0.14
- Music: *White Christmas* (Bing Crosby)  
*Mona Lisa* (Nat King Cole)  
*My Foolish Heart* (Billy Eckstine)
- Movies: *Cinderella* (Ilene Woods, William Phipps)  
*The Third Man* (Geoffrey Keene, Martin Miller)  
*Annie Get Your Gun* (Howard Keel, Betty Hutton)

## THOUGHT FOR THE MONTH

*“Show me someone who never gossips, and I’ll show you someone who isn’t interested in people”*

– Barbara Walters



## Movie & Snack!

Thursdays, 1:30 p.m.

March 5th:

### **The Women**

starring Meg Ryan,  
Eva Mendes, Jada Pinkett  
Smith & Bette Midler

March 12th:

### **Ghost Ton**

starring Ricky Gervais &  
Téa Leoni

March 19th:

### **Swing Vote**

starring Kevin Costner,  
Madeline Carroll &  
Willie Nelson

March 26th:

### **Eagle Eye**

starring Billy Bob Thornton,  
Shia LaBeouf &  
Michelle Monaghan

All movies are rated PG or PG-13; however there may be some obscenities. (All movies are subject to change.)

Newsletter Volunteers needed to help fold, tape and label the Top of the Hill Newsletter. Please contact Gwen Johnson at (228) 435-6148 to see when newsletter will be ready for folding.

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gjohnson@biloxi.ms.us

## Senior Potluck Luncheon

Wednesday, March 11th • 11 a.m., Snyder Center

Please RSVP by Friday, March 13th. Please RSVP to the Snyder Center to Amanda Canaan or Julie Kessen at (228) 436-5191.

**Health Screening** – begins at 10:30 a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, Friends Five-O/Senior Organization.

## March Classes & Happenings

- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Snyder Center; Tuesdays and Thursdays, 10 a.m. at the Biloxi Community Center. Classes promote joint flexibility, endurance, muscle strength, coordination and increased range of motion. *Class is co-sponsored by the Arthritis Foundation (Take Control. We Can Help.)* **There will be no class on the day of the Senior Luncheon, Wednesday, March 18th.**
- **Tai Chi Class:** Tuesdays and Thursdays, 10 a.m. at the Snyder Center. Tai Chi is a form of exercise for health and relaxation which originates from ancient China. Gentle flowing movement is combined with deep breathing exercise in order to cultivate the inner energy of the body. Daily practice of Tai Chi promotes mental clarity, a healthy body, assistance with balance and helps the circulation of the blood.
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase burn calories, increase muscle conditioning and body shaping, reduce stress, improve sleeping and eating habits, and helps you to lose weight and maintain current weight. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Pokeno!** Monday, March 23rd, 10 a.m. at the Snyder Center and Friday, March 30th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, March 17th, 12:30 p.m. in the craft room and room #2 at the Snyder Center. Contact Mary Hubmann with the Gulf Coast Bridge Club at (228) 539-3153. There is a minimal cost of \$3.00 for prizes and snacks.
- **Craft Class:** Monday, March 16th, 10 a.m. at the Snyder Center in the craft room. The craft project will be Easter Wreaths.
- **Yoga Class:** Tuesdays, 11 a.m. at the Snyder Center. The instructor is Patsy Fortenberry of Bayview Yoga, LLC. Items you will need: a yoga exercise mat and a sturdy belt or strap. There is a minimal cost for this class.

*Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.*

## Upcoming Activities, Classes & Events!

- For information about the Senior Games contact Cheryl Bell, Assistant Director at (228) 435-6296 or Jamie Lee, Recreation Superintendent at (228) 435-6148.
- For more information about senior programming contact Gwen Johnson at (228) 435-6281.



# March 2009

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stretch & Strengthen Class 2 p.m.-DSCC	3 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	4 Stretch & Strengthen Class 2 p.m.-DSCC	5 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen Class 2 p.m.-DSCC	7
8 DAYLIGHT SAVINGS TIME BEGINS	9 Stretch & Strengthen Class 2 p.m.-DSCC	10 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	11 Stretch & Strengthen Class 2 p.m.-DSCC	12 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	13 Stretch & Strengthen Class 2 p.m.-DSCC	14
15 Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	16 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC	17 Senior Luncheon 11 a.m.-1 p.m. Stretch & Strengthen Class NO CLASSES TODAY	18	19 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	20 Stretch & Strengthen Class 2 p.m.-DSCC	21
22 Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	23 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	24 Stretch & Strengthen Class 2 p.m.-DSCC	25	26 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen Class 2 p.m.-DSCC	28
29 Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	30 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	31	<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• BCC - Biloxi Community Center</li> </ul> <p>(Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)</p> <p>All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p> <p>Answer 1: Christopher Columbus 2: Five</p>			

Recreation Office:  
435-6148

Donal Snyder Sr.  
Community Center:  
436-5191

Biloxi Community  
Center:  
374-2853

Director of Parks & Recreation:

Nathan Sullivan

Assistant Director  
of Parks & Recreation:  
Sherry Bell

Recreation Specialist:  
Gwen Johnson



Mayor A.J. Holloway  
and the Biloxi City Council

George Lawrence  
William "Bill" Stallworth  
Charles T. Harrison Jr.  
Mike Fitzpatrick  
Tom Wall  
Edward "Ed" Gemmill  
David Fayard

# Recipe of the Month

## Eggplant and Shrimp Patties

- 1 medium Eggplant
- 1 medium Onion
- 1 large Egg
- 1 cup Shrimp

- 5 tbsp. Flour
- 1 level tsp. Salt
- Oil

Peel eggplant. Cut in slices. Boil until tender. Drain. Mash in mixing bowl. Dice onion. Cut peeled shrimp into small bits. Add onion, egg, shrimp and salt. Stir. Add 5 tbsp. flour or enough to drop mixture into a frying pan with a spoon. Put enough oil to come up halfway to the patty. Patty can be flattened out on top with a spoon. Fry until golden brown on both sides.

– Syrl Fairley

*Are you in the loop?*

*Sign up at [biloxi.ms.us](http://biloxi.ms.us) for the most current news about your city.*



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